Mountain Weather Forecast

Lake District National Park

Forecast valid from 00:00 on Wednesday 22 Mar 2023 until 23:59 on Thursday 23 Mar 2023

Forecast Issued on Tuesday 21 Mar 2023 at 16:45

Confidence: High for generally unsettled conditions with showers or longer spells of occasionally heavy rain but lower for details.

Headline for Wednesday 22 Mar 2023: Sunny spells and showers. Southwesterly gales at height.

Mountain weather hazards on Wednesday 22 Mar 2023

Blizzards
No Likelihood

Gales
High Likelihood

Thunderstorms
No Likelihood

Heavy persistent snow
No Likelihood

Severe chill effect
Low Likelihood

Heavy persistent rain
Low Likelihood

Storm force winds
Low Likelihood

Poor visibility
Low Likelihood

Strong sunlight
No Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Heavy Rain	Heavy Rain	Partly cloudy (night)	Sunny intervals	Sunny intervals	Sleet showers	Sunny intervals	Heavy Rain
Precipitation probability							
>95%	80%	20%	20%	20%	40%	20%	70%

Forecast for Wednesday 22 Mar 2023

Weather: Persistent, occasionally heavy, rain clearing eastwards over night with clear spells developing. Then a bright day with a mix of sunny spells and showers, these turning wintry above about 750m with snow on higher summits. Cloud increases again through the evening with occasionally heavy rain spreading east, with some sleet over the higher summits, then clearing towards midnight.

Chance of cloud-free hill tops above 800m: Around 40% at dawn rising to 75% by mid-morning lowering to 60% in the afternoon, then falling considerably through the evening.

Low cloud and visibility: Periods of cloud above about 450-600m becoming more occasional above 600-750m by mid-morning, then periods at times through the afternoon, periods or persistent cloud above 450-600m develop during the evening. Away from cloud visibility very good falling to several kilometres in rain or showers and perhaps a kilometre in any snow.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
© Crown Copyright 2023. All Rights Reserved.

Mountain Weather Forecast

Forecast for Wednesday 22 Mar 2023

Height (m)	Wind Speed mean/gusts (mph) / Wind Direction (blowing from)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	53/67 S	49/64 SW	47/61 SW	39/53 SW	38/52 SW	39/52 SW	39/51 S	40/54 S	37/51 SW
600	39/55 S	37/53 SW	36/51 SW	32/46 SW	32/48 SW	31/46 SW	29/43 S	31/46 S	29/44 SW
300	15/41 S	16/40 SW	16/40 SW	15/37 SW	17/38 SW	15/36 SW	12/31 S	15/37 S	15/34 SW
Valley	15/39 S	17/39 SW	17/38 SW	17/36 SW	18/36 SW	17/34 SW	14/30 S	17/36 S	17/33 SW

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	3/-5	4/-3	0/-9	0/-9	1/-8	1/-7	2/-7	1/-7	1/-7
600	5/-2	6/-0	2/-5	3/-5	4/-3	4/-3	4/-3	4/-3	3/-4
300	7/3	8/4	5/0	6/2	7/3	7/3	6/3	6/2	5/1
Valley	9/6	9/5	7/3	8/4	9/5	9/5	8/5	8/4	8/4
Freezing Level*	2000m	1700m	800m	800m	900m	1000m	1100m	1200m	1000m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Gusts around 75mph over ridges and summits through the early hours then closer to 60mph by day with a significant chill effect. Underfoot conditions expected to be pretty wet after recent rain.

Forecast for Thursday 23 Mar 2023

Weather: Clear spells and occasional showers through the early hours, these wintry above about 750m. Then sunny spells and occasionally heavy showers, with a risk of thunderstorms, with sleet or wet snow expected above about 750m.

Maximum wind: Southwesterly winds 25-35mph, with gusts around 55mph over ridges and summits.

Chance of cloud-free hill tops above 800m: Around 60%

Low cloud and visibility: Occasional or periods of cloud above 600-750m, with patches down to 450m at times. Away from cloud visibility very good falling to several kilometres in showers and perhaps a kilometre in summit snow

Temperature: **Valleys:** Around plus 6 or 7 through the early hours rising to plus 10 or 11 Celsius by day
At 800m: Around plus 2 Celsius
Freezing level: Around 1000m.

Friday	Unsettled with showers or longer spells of rain, these heavy and perhaps thundery at times and wintry over higher summits. Strong southwesterly winds. Freezing level around 1000m.
Saturday	Another day of sunshine and showers, these less frequent and lighter than previous days. Strong southwesterl;y winds turning more northwesterly and easing. Freezing level 1000m falling a little later.
Sunday	Mainly dry, perhaps a few showers in west, with sunny spells. Occasionally fresh northerly or northwesterly winds. Freezing level falling to 750m.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
© Crown Copyright 2023. All Rights Reserved.

Mountain Weather Forecast

Ground Conditions Supplement

Date: Tuesday 21 March 2023. Location: Helvellyn summit at 11:35 Full report: As far as walkers are concerned, the Lakeland fells are now clear of snow and ice. There are only insignificant, isolated patches of snow in sheltered spots and hollows above 700m with the vast majority of snow now only found above 900m at the top of steep slopes, predominantly those facing east. As such they represent no hazard to walkers and were thawing in the constant rain and plus 4 degree summit temperature. The main hazards encountered today were ones which will be familiar to regular fell walkers namely wet, slippery rocks underfoot and low cloud. There is now a significant contrast between the warmth of the sheltered valleys (which were plus 10 degrees C today) and the exposed high fells where the summit windchill (what the temperature actually feels like) around midday remained below freezing (at minus 3 degrees). Therefore, for those venturing on the high fells full winter clothing (waterproofs, extra warm layers, hat and gloves) mountain boots and equipment - including a torch, map and compass and the ability to use them in potentially poor visibility - all remain essential both for safety and to be able to enjoy the experience. At the time of writing there is the possibility that some future precipitation may fall as snow on the summits, which walkers out on Wednesday should be prepared to encounter. Temperature: plus 4.1 C, Maximum wind speed 29.2 mph, Wind chill: minus 2.9 C, Average wind speed: 21.6 mph

Issued at: 1645 on Tue 21 Mar 2023

© Crown Copyright 2023. All Rights Reserved.